

Men's Health



Men's Health Matters; let's remember that men's health is an investment with far-reaching benefits.



Extend Lifespan, Lower Disease Risk:

Investing in health with exercise and a balanced diet promotes a longer, healthier life, reducing the risk of heart disease, diabetes, and certain cancers.

Enhanced Physical Fitness:

Investing in health improves strength, endurance, and overall performance, increasing energy levels for sports and daily activities.



Promote Mental Well-being:

With healthy habits like regular exercise, a balanced diet, and stress management, reducing depression and anxiety risks while enhancing mood and cognitive function.

Enhanced Quality of Life:

A healthy lifestyle promotes easier daily activities, independence in aging, and an improved quality of life.



Stronger Relationships:

Healthier men engage more fully in family life, become emotionally present, and offer support to loved ones, fostering stronger bonds with partners, children, and friends.

Did You Know?

Events



Lunch & Learn
Nov. 8th



Mobile Mammo
Nov. 13th



Clinic Closed
Nov. 23rd & 24th



Join us for exciting MWC health and wellness events designed to boost your vitality and well-being.

Men's Health Checklist

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| Vital Signs | Screening Tests |
| <ul style="list-style-type: none"> Blood Pressure Heart Rate Body Mass Index (BMI) | <ul style="list-style-type: none"> Cholesterol levels Blood sugar (glucose) levels Colorectal cancer screening Prostate cancer screening Skin cancer screening |
| Vaccinations | |
| <ul style="list-style-type: none"> Influenza (Flu) Vaccine Tetanus-Diphtheria-Pertussis (Tdap) Vaccine Pneumococcal Vaccine COVID-19 Vaccine | |

No-Shave November is not just about growing a beard; it's a movement that raises awareness and funds for cancer research. Men worldwide participate by forgoing their razors for the month, embracing their facial hair, and contributing to a meaningful cause.

To stay proactive about your men's health, click [here](#) to schedule an appointment with our nurse practitioners today.

A Focused Look

Statistical Snapshot: A Fresh Perspective on Men's Health



- Typically 7 to 9 hours, is crucial for men's health
- Men are more likely to die from heart disease at earlier ages
- 80% of spinal cord injuries occur in young men
- Men are at a significantly higher risk of dying from liver disease
- Men are twice as likely as women to develop type 2 diabetes

73%
Of men aged 16-24 admit to having "learned to deal" with mental health issues.

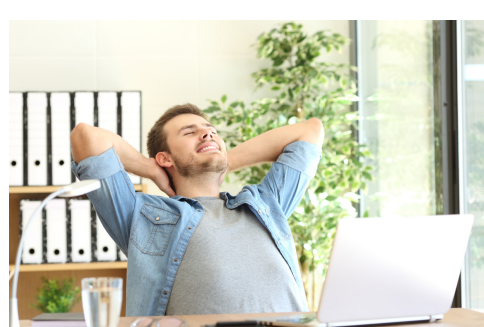
Real stigmas deeply impact men; nearly 1 in 10 experience depression or anxiety, but less than half seek treatment. Click [here](#) for more.

79%
Men (79% of 38,364) die by suicide at a rate four times higher than women. Click [here](#) for more.

Taking the first step towards better health is a courageous choice, leading to a happier life. You've got this!

A Word From Our HSS Affiliate

How the Parasympathetic Nervous System Can Lower Stress



Ever wonder why exercising can help manage stress? Learn how your sympathetic and parasympathetic nervous systems work together to regulate heart rate, breathing and stress levels in the body. Click [here](#) to learn more!

Rehab Corner

Standard Lunge



Revolutionize your workout routine with the ultimate lunge tutorial! Unleash your leg-day potential.

Click [here](#) for video.